



DESCRIPTION

Join Origami expert Barbra Pearl as she teaches you how to fold your very own journal. It's perfect for jotting down a thought or keeping your favorite sketches!

MATERIALS

- A rectangular sheet of paper, 8 ½" x 11"
- Scissors

DIRECTIONS

1. Fold your piece of paper in half length-wise. This is called a "book fold." Be sure to crease sharply at least three times. If you are using patterned or recycled paper, make sure the white side of the paper is facing up before you fold.
2. Open up your paper. With the white side still facing up, fold the paper width-wise in half. Don't forget to crease sharply at least three times.
3. With the paper still folded in half width-wise, take the top layer and fold it back down in half. The top layer should come to meet the bottom edge of the paper.
4. Turn the paper over and repeat step three, folding the other layer of paper down in half to meet the bottom.
5. Both of the top layers you just folded down now need to be unfolded again. Flatten out the paper.
6. Gently open your paper half way to the middle fold and place it on the table. The top layers you opened up should be flat against the surface of the table. The paper should still be folded together at the middle fold. This middle fold should not be touching the table or flattened out.
7. With an adult helper, use scissors to cut a line down the center of the fold. The cut should reach the end of the fold where the paper meets the table top.
8. Lift up the paper and hold the base, the two ends you just created by cutting the paper, together as close as you can.
9. Push the two ends of the base to the center. The flattened ends of the paper should fold together.
10. Now you need to fold your journal into place. Put the folded paper on the table and crease each edge. Flip to the next "page" and crease those edges as well. Continue until all of the edges of each page have been creased.
11. Decorate the cover of your journal any way you like and store all of your secrets inside!